



# SAHAJ CONNECT

meditation anywhere anytime

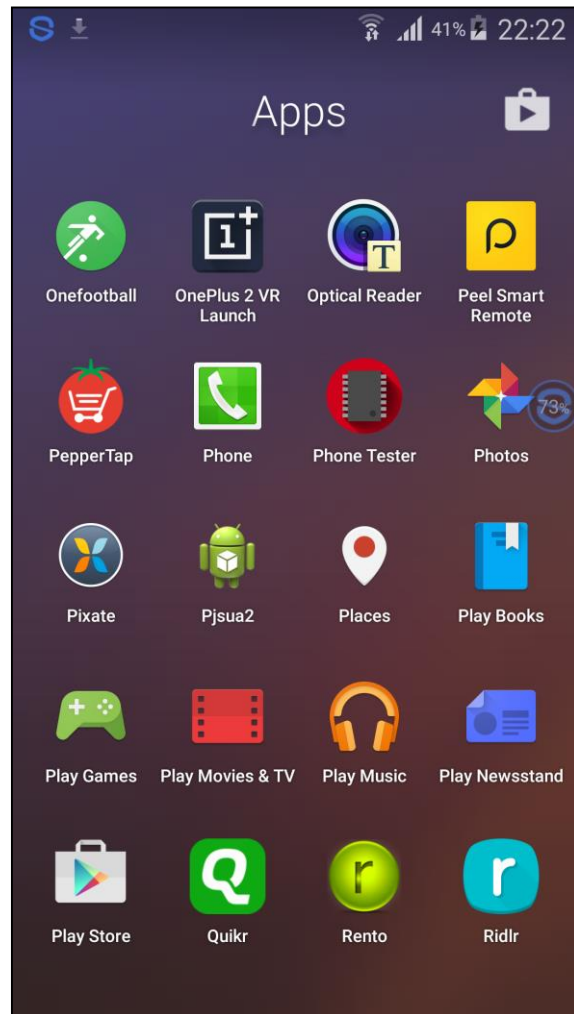
---



# App Installation Process

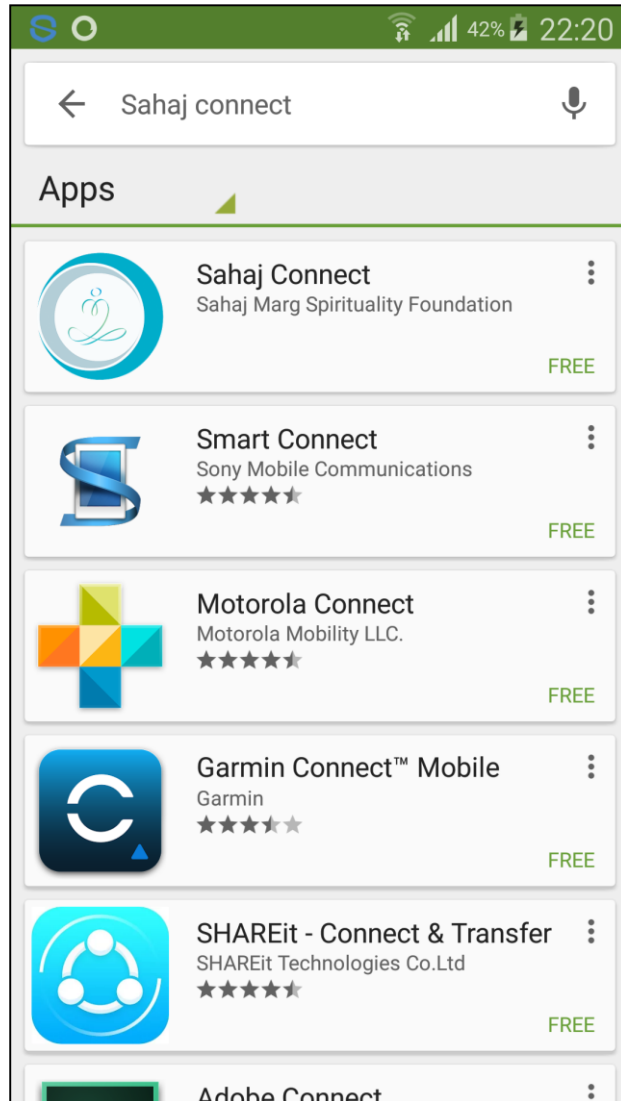


# Opening Play Store Application



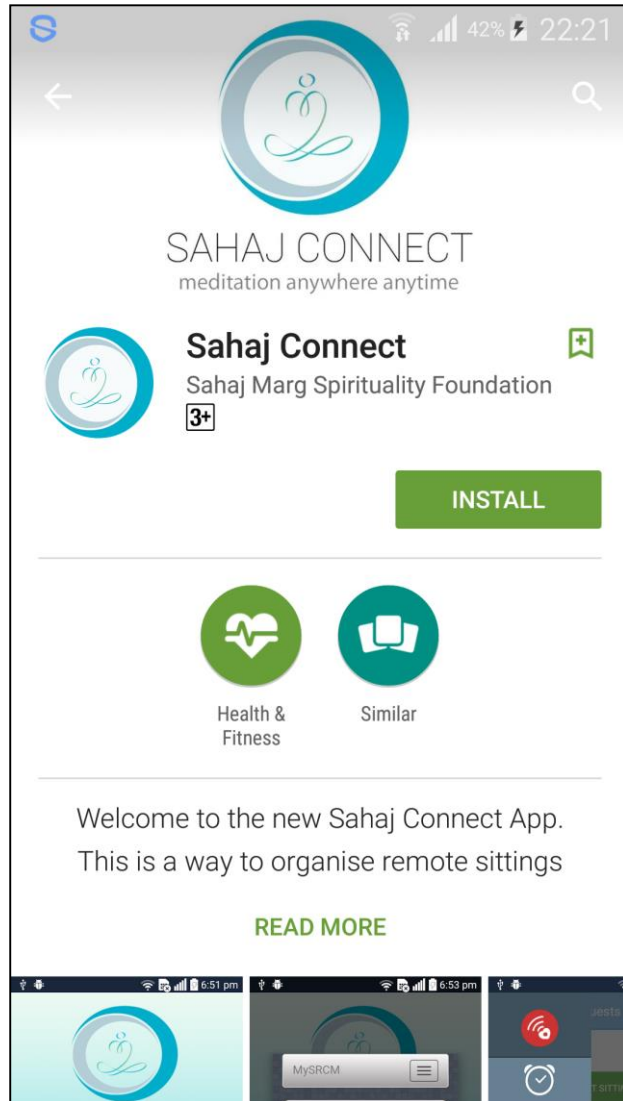
Launch the 'Play Store' application from the app drawer

# Searching Sahaj Connect App



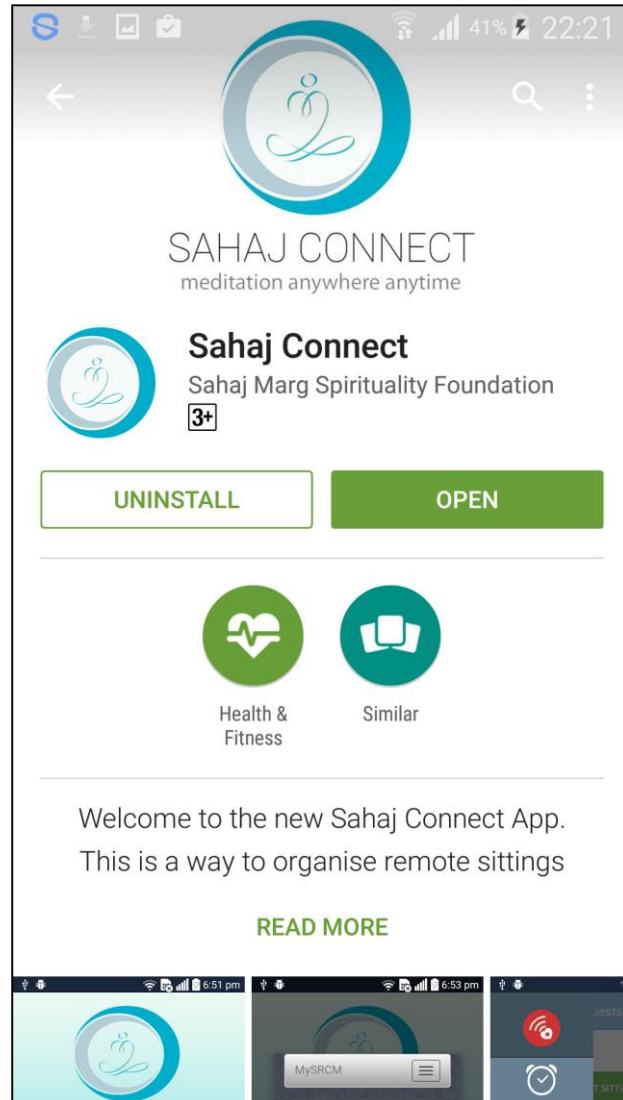
Search 'Sahaj Connect' in the Play Store App.

# Installing Sahaj Connect



Press the 'INSTALL' button.

# Opening Sahaj Connect

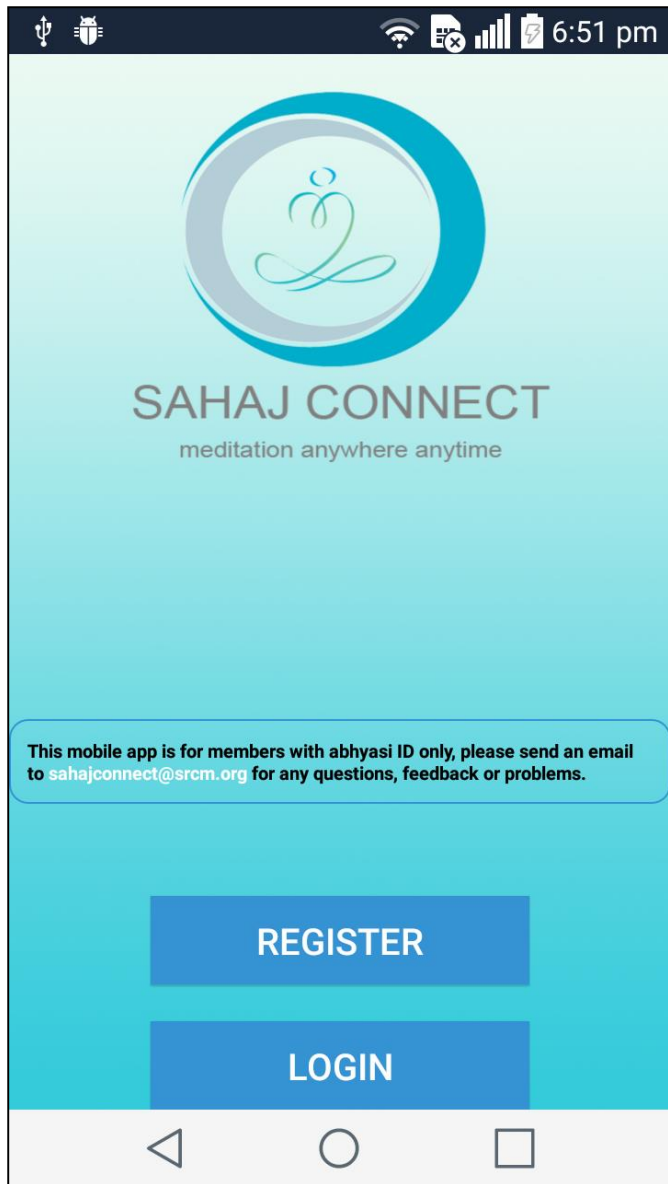


Press the 'OPEN' button.

The Sahaj Connect App will be launched.

Abhyasi

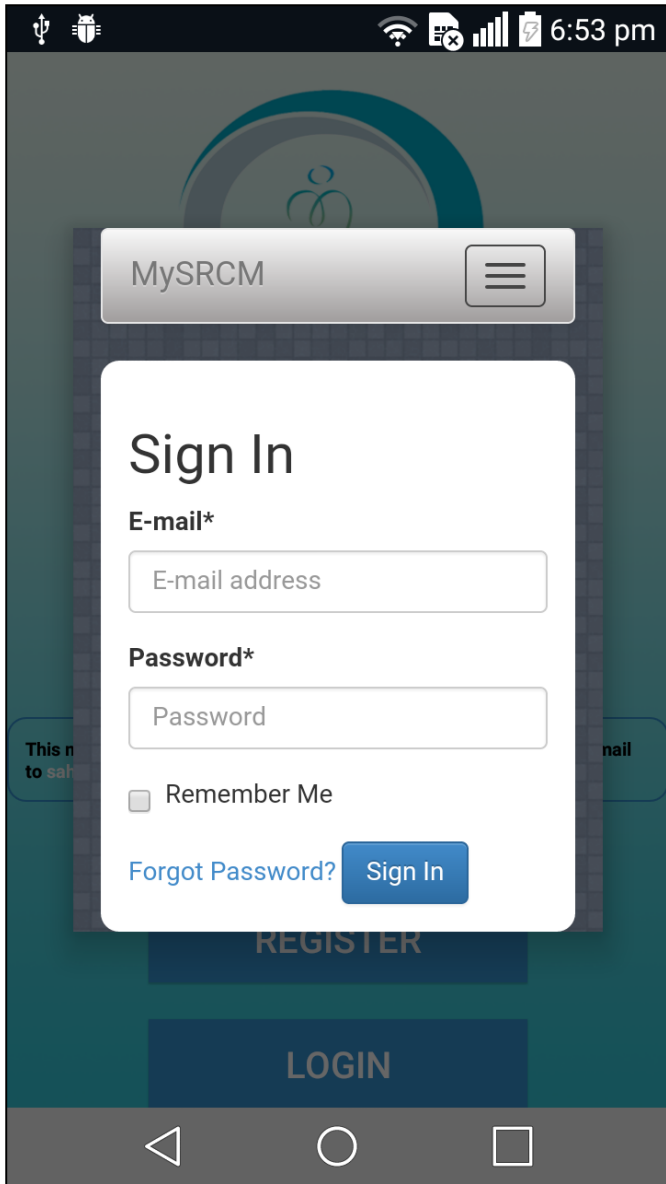




## Home Screen

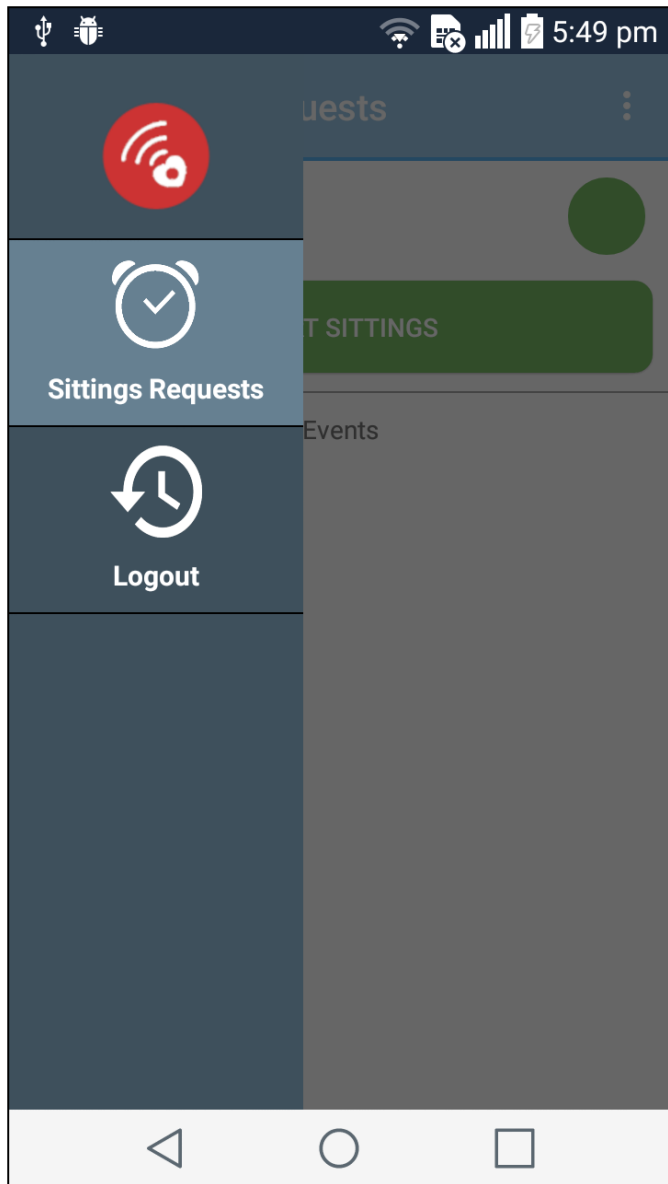
Tap on the 'Login' button.





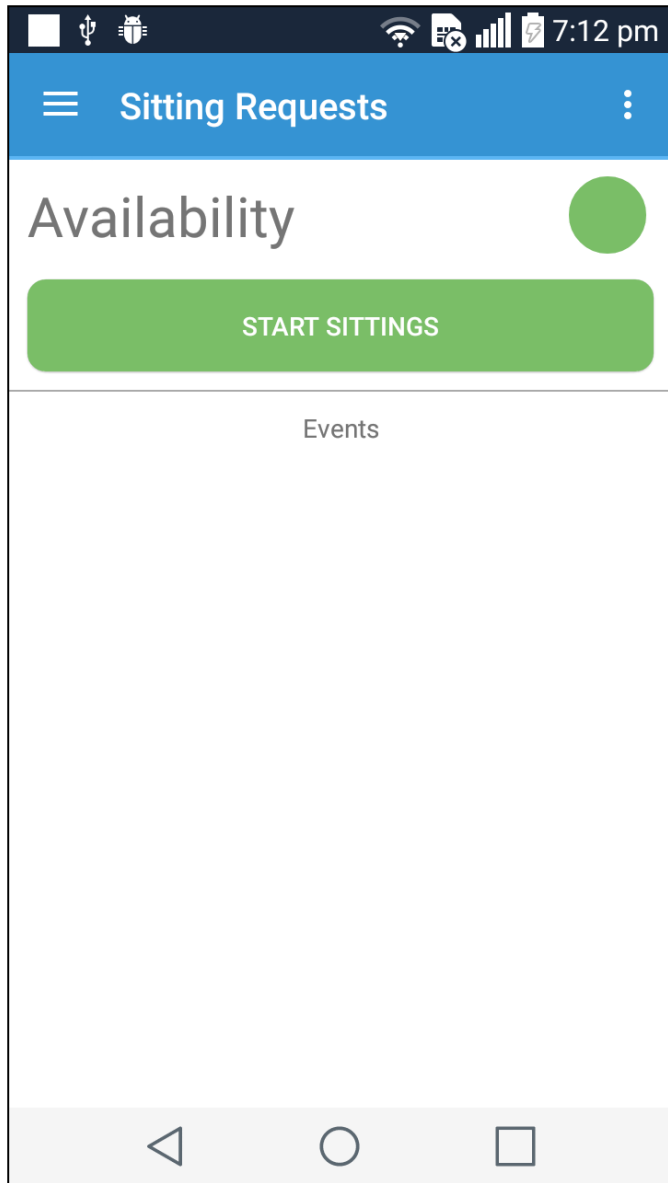
## Login Screen

Login with your MySRCM credentials.



## Preceptor Menu

Tap on 'Sitings Requests'.

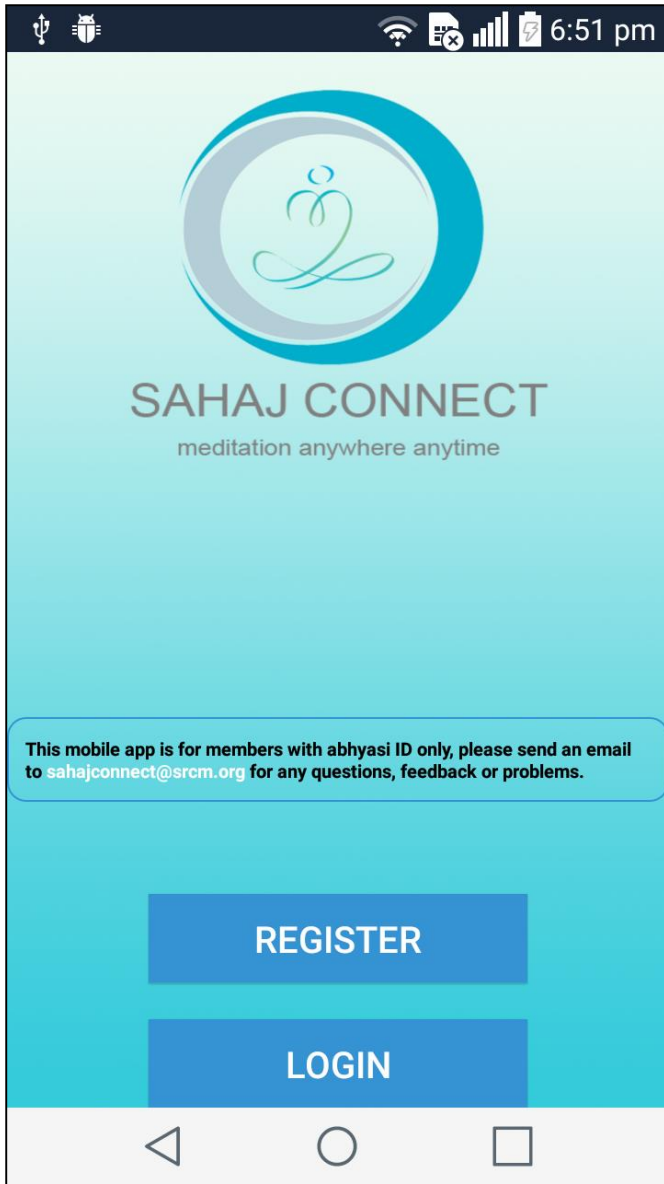


Preceptors can set their status to 'Available' or 'Not Available' by clicking on the 'Availability' button (Green or red dot).

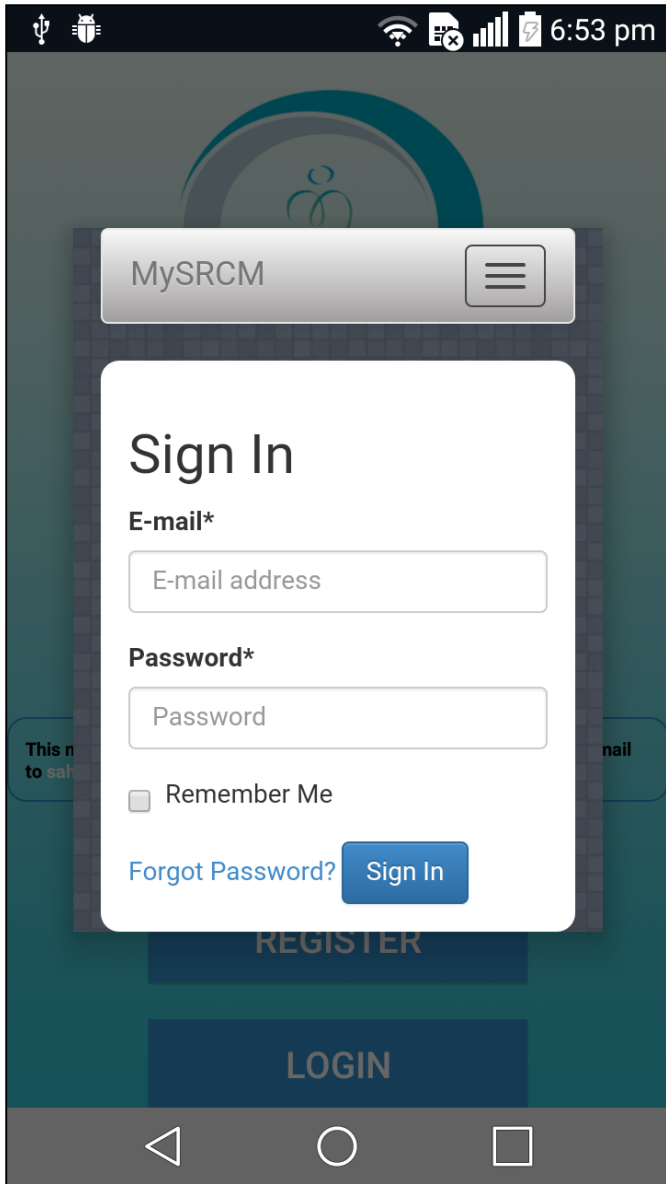
The green dot indicates available and the red dot indicates not available.

# Preceptor

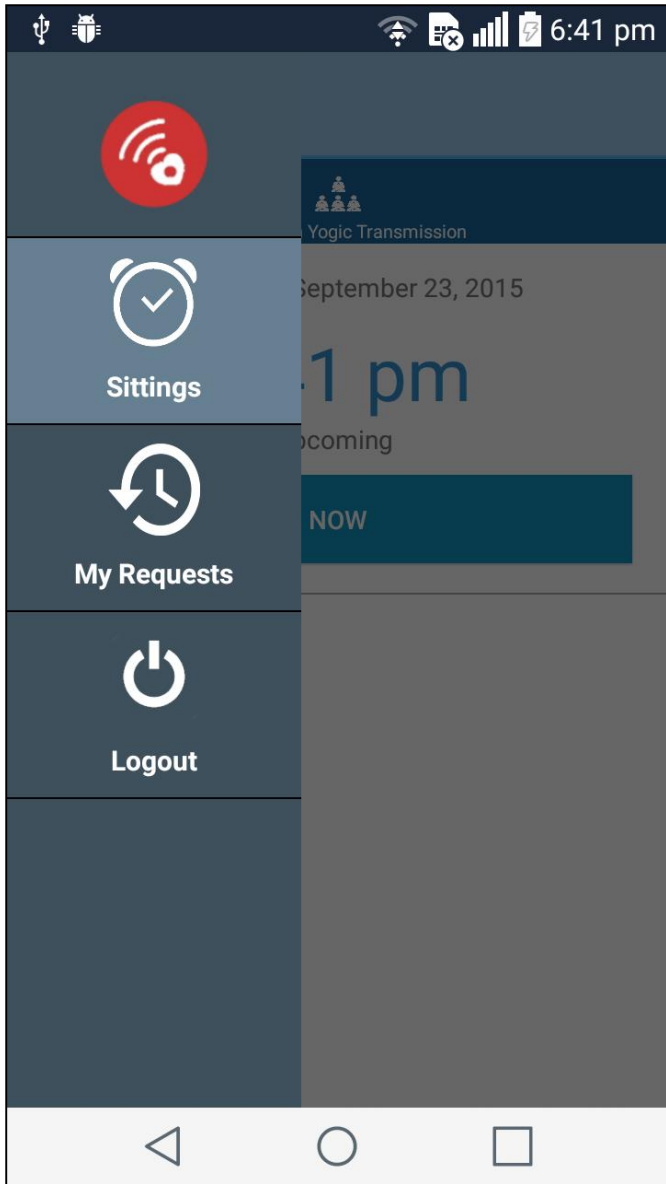




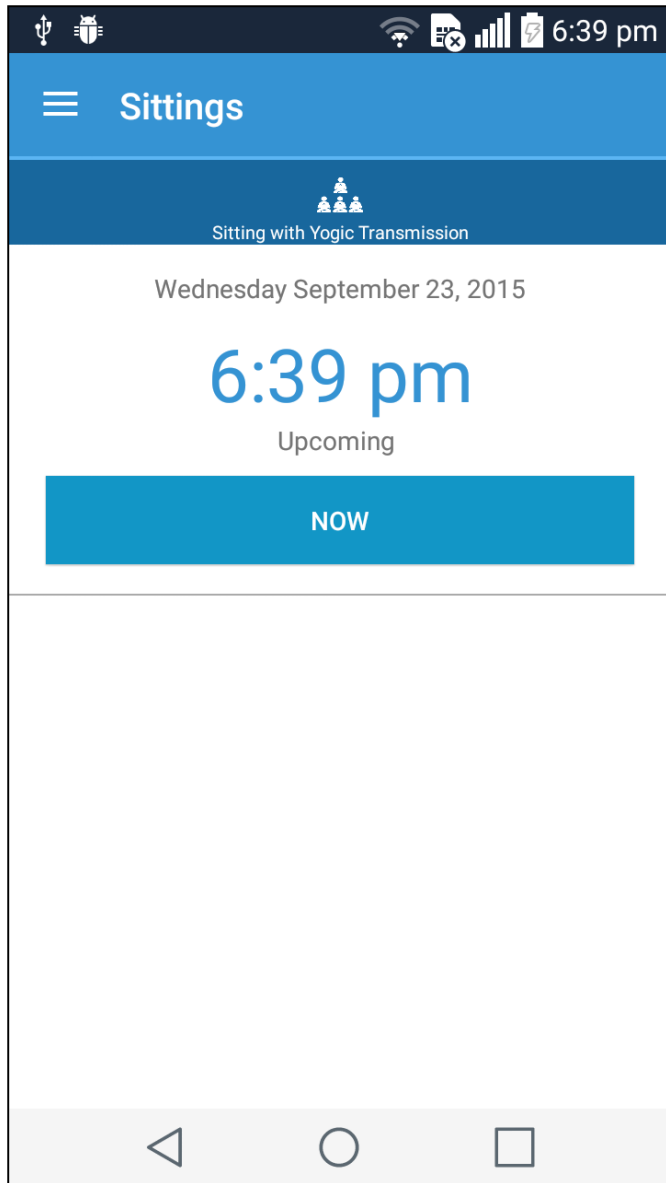
## Home Screen



## Login Screen

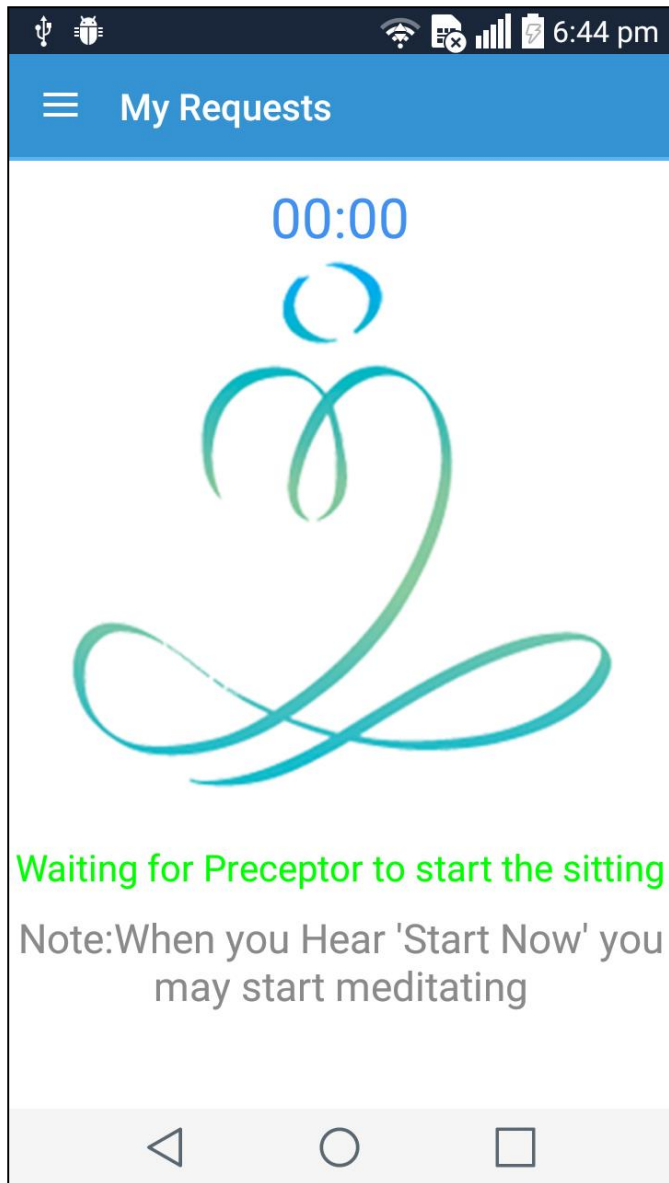


## Menu Screen



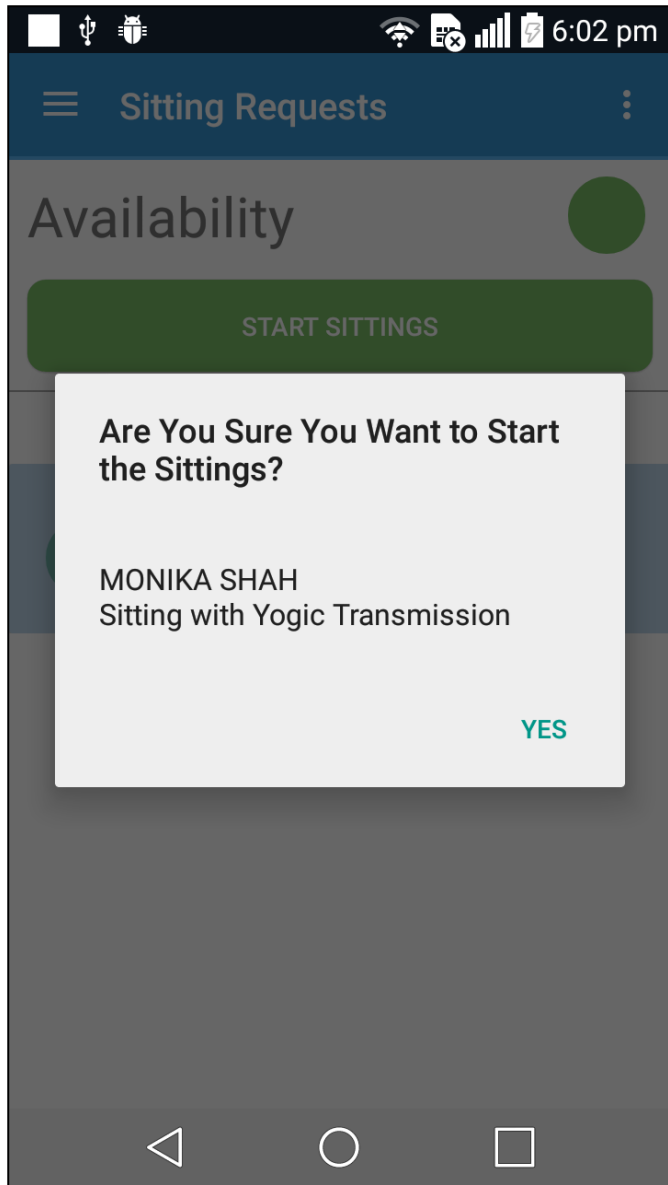
If an abhyasis wants a sitting, he or she can click on the 'Now' button.



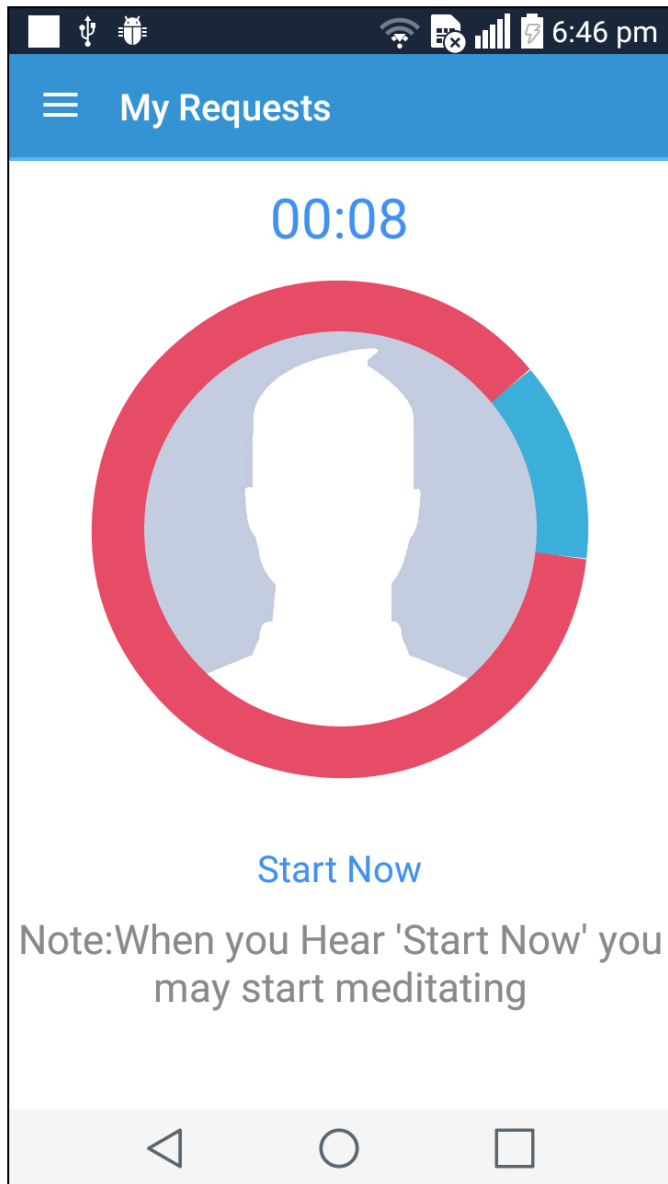


The abhyasi waits for a preceptor to start the sitting.

When the preceptor clicks on 'Start Sitting', the timer starts.

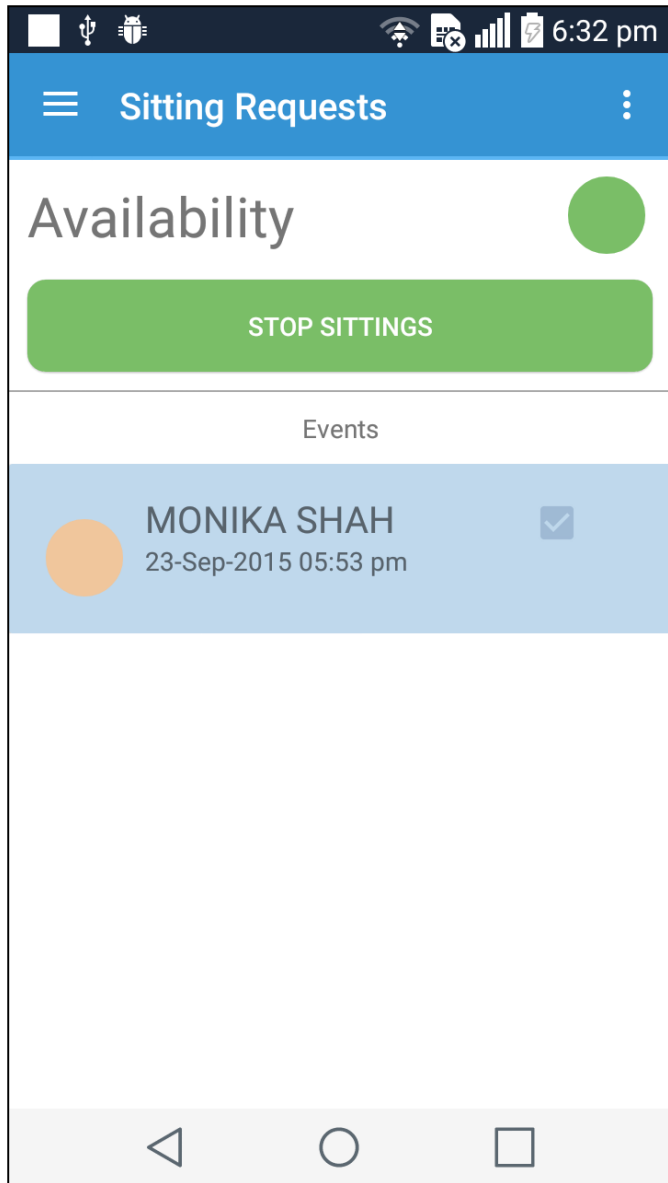


A preceptor confirms whether he or she wants to start the sitting.

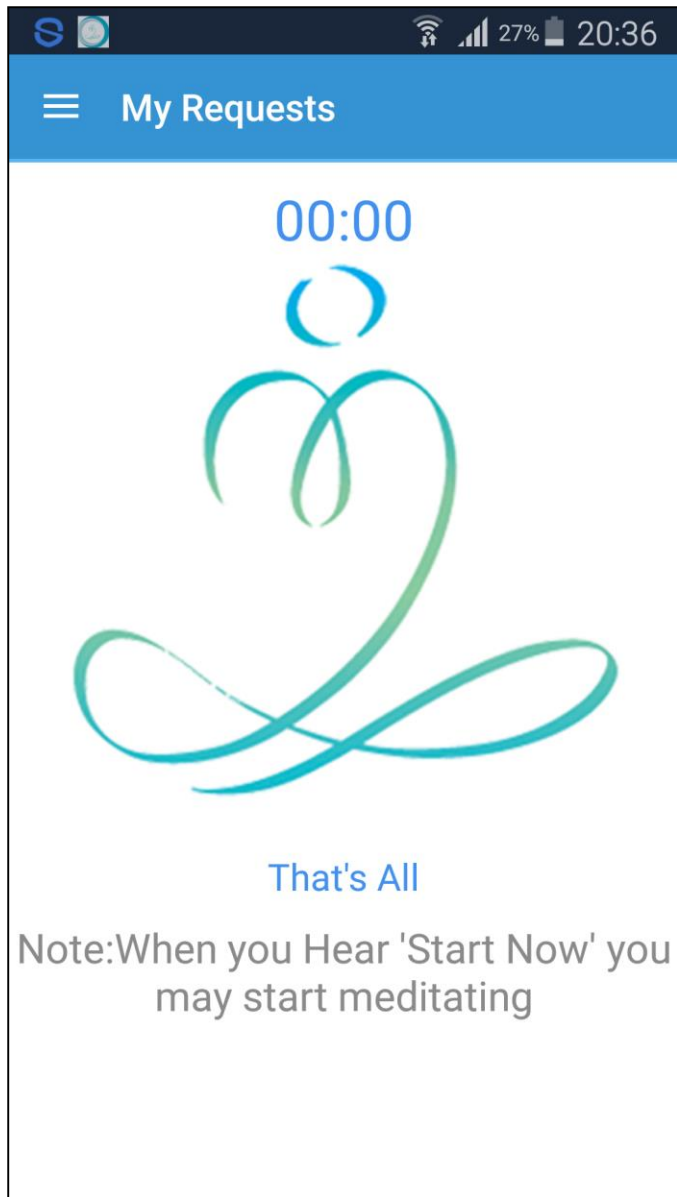


The preceptor and the abhyasi start the sitting.

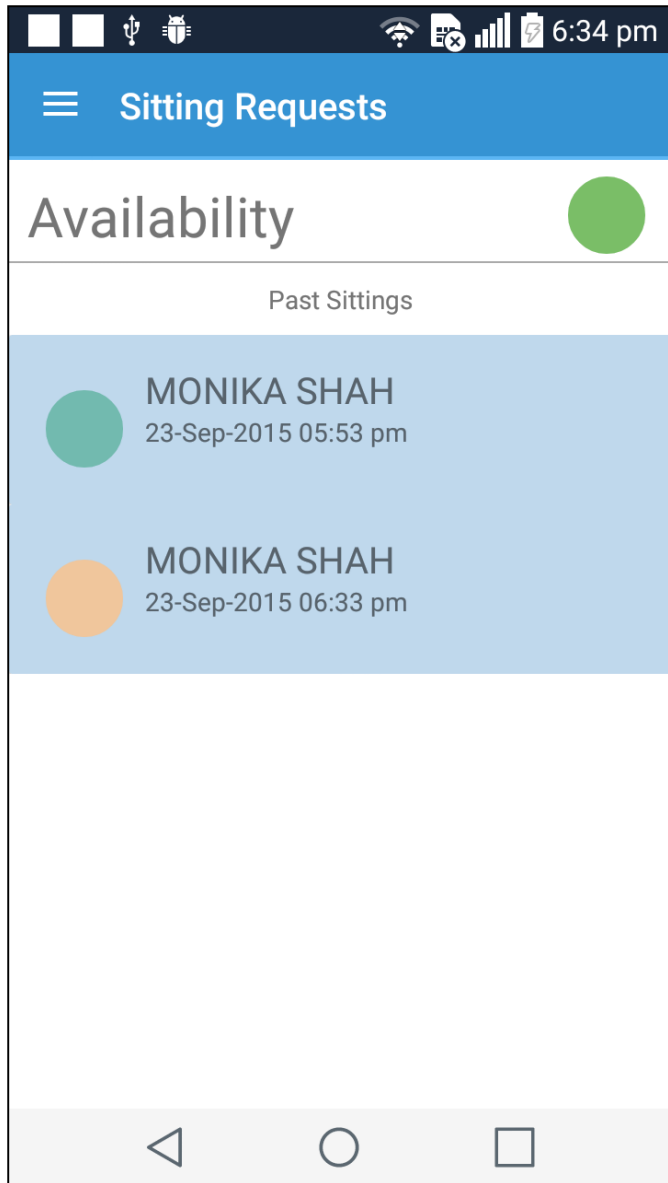
The sitting continues until the preceptor ends it.



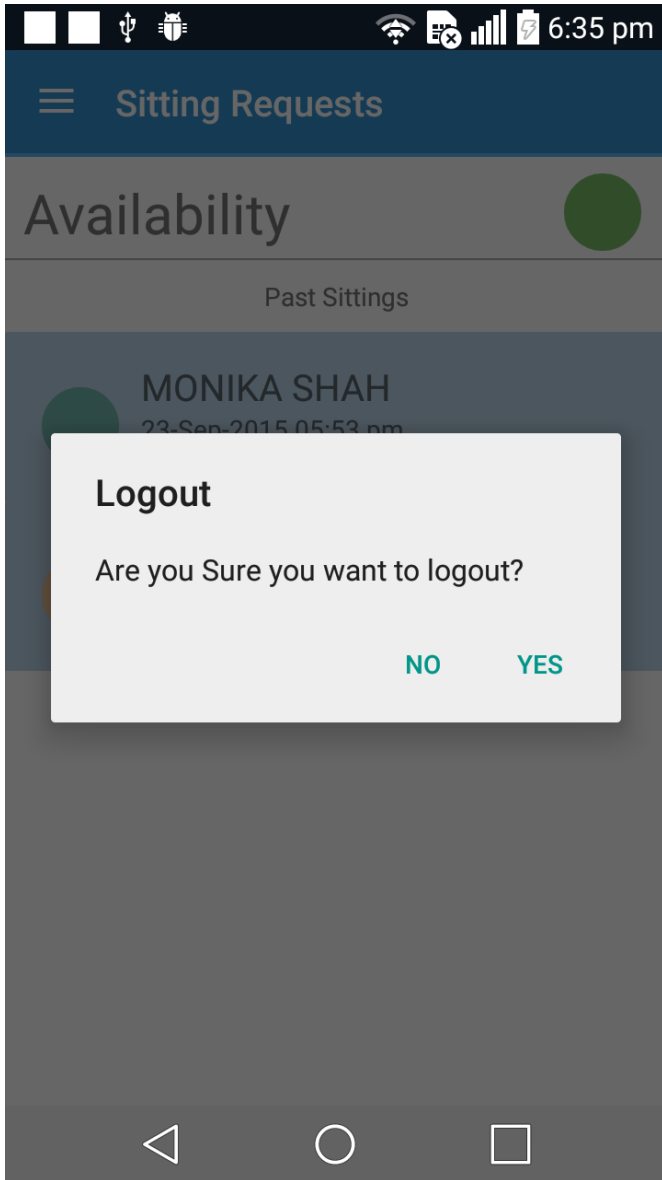
The preceptor ends the sitting by clicking the 'Stop Sitting' button.



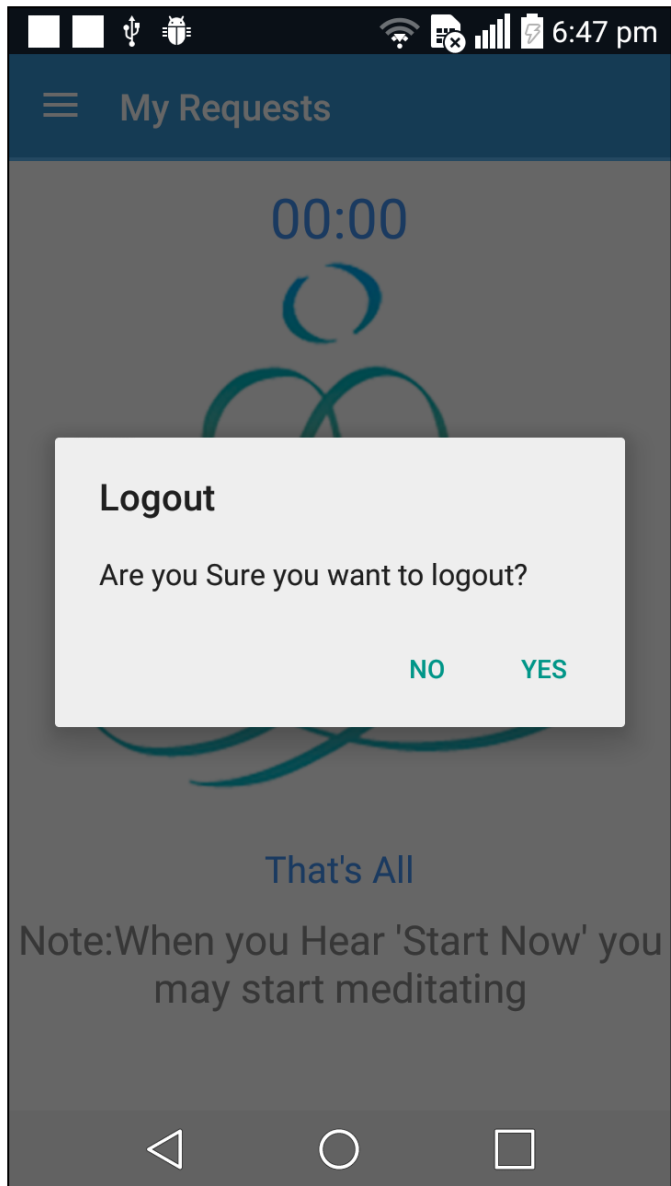
As soon as the preceptor stops the sitting, the abhyasi hears a voice: "That's all."



The preceptor can also see the list of past sittings, with details of the dates and times and the abhyasis' names.



Logout Screen



## Logout Screen